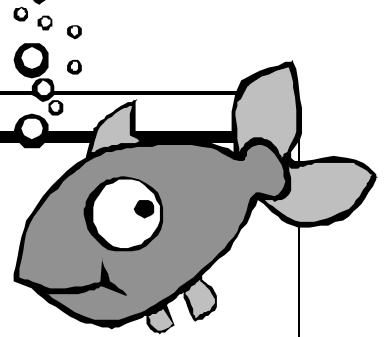


SNAPPETS



Stadium Snappers Masters Swimming Club Inc, PO Box 532, Claremont 6910

February 2011

FROM THE PRESIDENT

As I write this I feel desperately sorry for the people of Queensland who at present have too much water. Water is something we, as swimmers, enjoy but it's clear you can have too much of it! As a born and bred Brisbaneite, I know some of the affected areas well and it is very sad to see the damage being done and the human suffering.

Now for Snappers matters. I have sent the 2010 annual club report to Masters Swimming WA and will deliver essentially the same report at the Club Annual General Meeting on February 16.

Over the Christmas/New Year break, even without lanes hired, quite a few day swimmers turned up to swim at the usual times. 'Tricia Summerfield has kindly analysed our attendance records for 2010, showing that we had about as many attendances as for 2009, which was a good number. I do hope that our forced reduction of the day group's lanes from five to three will not deter our members from swimming. The first session was encouraging.

The Open Water Swim series is well underway and Snappers have featured in the results. I hope our swimmers will continue to participate throughout the season which culminates on 1 May with the National 2 km OWS.

Aerobic swims for 2010 have gone well. We hope that the 2010 effort is enough to move Snappers up the state and national rankings! Club aerobic awards will be presented at the AGM.

In the first seven months of the club's Swim to the Nationals (from May to the end of November 2010) we have swum a total of 3669.73 km and are ahead of the target of 500 km per month. For December we have so far only 198 km. However, not all swimmers have given me their distances – especially the night group. C'mon!

The focus for pool swimmers will now be the Newman Churchlands and Melville BE ACTIVE Club Challenges leading up to the National Masters Swimming Championships to be held at Challenge Stadium 27 – 30 April. It would be wonderful to have as many swimmers registered as possible, and of course, performing well. So choose your events and train! It is not often that we have the opportunity to swim Nationals Championships in our own pool, so let's take advantage of it.

Barry Green

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REMINDER OF AGM

As previously advised, the Annual General Meeting of Stadium Snappers Masters Swimming Club Inc will be held on Wednesday 16 February 2011 at 7:30 pm at St Cecilia's Church Hall, Grantham Street (Cnr Kenmore Crescent), Floreat.

The purpose of this meeting is to elect the new office bearers and other club officials for 2011. All official positions are declared vacant.

In addition, the meeting will consider

- 1) the adoption of by-laws that are supplementary to the Club's constitution
- 2) the criteria for the category of Social/Associate member.

Everyone is welcome and a small plate of supper would be much appreciated.

BIRTHDAYS

February

- 1 Jean Beaton
- 4 Dee Stephenson
- 21 William Curtis
- 25 Audrey Bullough

Happy birthday (again!)

IMPROVES LIKE FINE WINE AWARD

Jackie Egan won the ILFWA for January. She swam a very convincing PB in 400 m Free recently and went on to swim other long aerobic distances for the first time to score points for Snappers. Hooray, Jackie!

DIARY ENTRIES FOR FEBRUARY AND BEYOND

Date	Event	Time	Venue
Sunday 13 February	Alcoa Cambria Island Swim 2400m	9:00 am start	Hall Park, Mandurah
Wednesday 16 February	Snappers AGM	7:30 pm	St Cecilia's Church Hall, Grantham St, Floreat
Saturday 19 February	CPR course	9:00 am – 12:00 noon	Crab Palace
Sunday 20 February	Newman Churchlands BE ACTIVE Club Challenge	8:15 am warm-up	Newman College pool
Monday 21 February	Snappers Committee meeting	7:00 pm	Barry's place
Saturday 26 February	Rottneet Channel Swim	5:45 am start	Cottesloe Beach
Sunday 27 February	Snappers' Beach Picnic	8:00 am	City Beach
Sunday 13 March	Coogee Jetty to Jetty 750m/1500m	8:30 am start	Nyerbup Circle, Coogee
Saturday 19 March	Club Swim	1:00 pm warm-up	Challenge Stadium
Monday 21 March	Snappers Committee meeting	7:00 pm	Barry's place
Sunday 27 March	Dale Alcock State OWS 1km/2km	8:30 am briefing	Coogee Beach
Sunday 3 April	Melville BE ACTIVE Club Challenge	TBA	Melville
27-30 April	National Masters Swimming Championships		Challenge Stadium
Sunday 1 May	National Masters OWS 2km		Matilda Bay

REGISTRAR

As of 29 January, 63 members have joined for 2011. Several past members have advised me that they intend to rejoin but have not got around to it as yet so I think our membership will soon increase by another ten or so. We are also attracting some new members even though we had to increase our subscription fee.

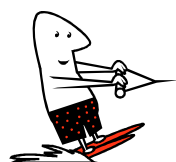
Julie Crowley, Registrar

WELCOME

The Club extends a warm welcome to new members Amanda Thomas and Diane Pope. Amanda, who lives in Esperance, writes, "I met a group of Snappers while they were holidaying in Esperance and they inspired me to join!" Diane found out about us from Audrey Bullough and is enjoying swimming with the day group. We are not sure how Amanda is going to manage training and other swims from her distant location but she says she's working on getting ready for the Nationals in April. We look forward to meeting her when she comes to Perth.

AUSTRALIA DAY HONOURS

Congratulations to Kay Lane and Noela Medcalf who were both recognised in the Australia Day honours with Order of Australia medals. Kay, Don Lane's wife, received her honour for service to women's golf and sports administration and Noela, a member of Melville Masters, received hers for service to the Guiding movement and to swimming.



Live each day as if it's your last.
One day you'll get it right!

SNAPPERS IN THE POOL AT CHALLENGE STADIUM 2010

Data are collated from the club attendance diary and relate to swims at Challenge Stadium only. Figures do not include our club's BE ACTIVE Club Challenge or the State Swim. This year's figures for total attendance (4940) match those of 2009 (4950).

Tuesday, Wednesday and Friday attendances have decreased; Thursday, Saturday and Sunday numbers have increased. Mondays are included in the total but not in the averages as this is a casual session and the diary is not consistently completed.

As several Snappers swim regularly outside the times when the club reserves lanes and some also swim as second claim members of Claremont, in all, Snappers attendance numbers are probably somewhat higher than in 2009.

'Tricia Summerfield, Coach

Year	2003	2004	2005	2006	2007	2008	2009	2010
Membership	99	84	72	79	83	82	85	86
Attendance								
Annual total	3883	4112	3796	4238	4404	4151	4950	4940
Average monthly (12)	324	343	316	353	367	346	413	412
Average weekly (52)	75	79	73	81	85	80	95	95
Average daily (365)	11	11	10	12	12	11	14	14
Average per member	39	49	53	54	53	51	58	57
Most at one session			37 (Wed)	37 (Wed)	40 (Fri)	38 (2 Wed 1 Fri)	40 (Fri)	38 (Wed)
Monthly Averages								
Tuesday	56	48	37	44	39	40	34	26
Wednesday	113	104	103	111	126	107	130	122
Thursday	24	28	16	29	25	32	25	28
Friday	102	107	97	108	119	109	127	118
Saturday	32	30	25	26	21	39	32	39
Sunday	22	26	25	28	29	39	38	41

SOCIAL

It was lovely to see 56 Snappers and friends at our final social event for 2010, the Christmas picnic at Perry Lakes on 12 December. Apologies for the long, hot walk from the car park. The site I proposed was already taken by a larger group.

Many thanks to you all for the great plates of salads, slices, cakes and fruit and to June Maher for making enough trifle to feed everyone! Thanks, too, to cooks David Watson, Colin and Bill who barbecued about 100 sausages under such hot conditions. Congratulations to all who received annual awards presented by President Barry Green. The hampers were wonderful, thanks Dee and all who donated the items. The raffle made \$166.00 for Club funds.

Thanks to all of you who made last year's social events enjoyable experiences. I wish you a happy, healthy 2011 with continual enjoyment in the pool.

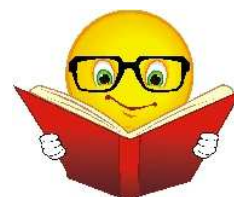
Remember to sign up for the City Beach picnic on 27 February. Flyers will be out soon.

Marg Somes

After the picnic, Goggle was horrified to see a big truck and crane backing up to a Porta-loo just as a Snapper disappeared into it. Minutes later the Snapper emerged and walked off, oblivious as to what could have happened!

FOR LEXOPHILES (Lovers of words)

- She was only a whisky maker, but he loved her still.
- I wondered why the basketball kept getting bigger. Then it hit me.
- No matter how much you push the envelope, it will still be stationery.
- Two silk worms had a race. They ended up in a tie.
- A sign on the lawn at a drug rehab centre read: 'Keep off the Grass.'



AEROBIC SWIMS: REMINDER FOR TIMEKEEPERS

Although it's sometimes hard to think about aerobic swimming after the Christmas break, it's never too soon to start recording your times. Some have already begun. For those who haven't, how about teeing up a timekeeper and breaking the ice with a 400 in your favourite stroke? Then, if you think it took you too long, use it as an incentive to improve next time, soon! Last year 30 Snappers participated in the National Aerobic Swim Program and scored more points than ever before, giving us a goal for this year.

Our hard working Recorder Pamela wants to remind timekeepers for aerobic swims to make sure they clearly fill in pool length, date and stroke on the recording sheet and sign it! For longer swims it will also help to include the internal distances, ie distance swum to the last 25 metres (not the nearest 25 metres) in ½ hr and ¾ hr, on the top right of the sheet. If ever in doubt about times to be recorded, please ask someone else to check before clearing the stop watch.

GOGGLE SAW

- One Snapper swimming 400 m Backstroke 12 times during 2010 in order to score top points. The last swim had to be 10:14 or less to meet the target so on the way to the pool she drank a can of Red Bull as recommended by Bill Kirby. Her time was 10:10. This same swimmer won the Cliffe Webb Award
- The Snappers Women's 4x50 Medley relay team, having swum not-for-points in the Mixed Medley relay, returning home from Narrogin with a Club Record.
- A pretty pink hair brush nestled into Bill's fin on the edge of the pool as he swam his laps. Next to training comes grooming!
- Jackie bringing fish food to swimming - she keeps her swimming shampoo on the same shelf as her fish food!



AND HEARD

- Anja say, when told that she would eventually have to hand back the Cliffe Webb Award that she had won jointly with Leon, "Well, I'll have to photocopy it then."
-

AN OLD RECIPE

In response to requests for the simple recipe I used for shortbread biscuits brought last December for afternoon tea, here it is. Quantities are given with metric equivalents from the recipe my mother used for about 60 of her 95 years.

SHORTBREAD BISCUITS

250 g butter 125 g caster sugar 250 g plain flour 125 g cornflour

Cream butter and sugar (I find whacking the sugar into the butter with a wooden spoon helps keep the wrist flexible as well as saving on the washing up). Mix in sifted flours, finishing with hands (more effective here than the wooden spoon and very satisfying). Roll to about 6 mm thick, between two layers of greaseproof paper if conditions are warm. If too warm, placing the rolled slab in the fridge for a few minutes before cutting makes the shapes easier to handle. Cut into shapes and place on tray. Bake at 190C for 10-12 minutes until pale golden.

Merilyn

PARROT'S TRANSFORMATION

A man was given a parrot but he found that the bird had a bad attitude and an even worse vocabulary. Every word it uttered was profane. The man tried hard to change the bird's rudeness. He always spoke politely to it and played soft music but nothing worked. One day after the parrot had yelled at him, the man reacted by shoving it in the freezer. For a minute or so it continued to squawk loudly. Then there was silence. Fearing that he'd hurt the bird, the man opened the freezer door. The parrot calmly stepped out and said in a very subdued voice, "I fear I may have offended you with my rude language. I'm sincerely remorseful and fully intend to correct my unforgivable behaviour."



Stunned, the man was about to ask the parrot what had caused this dramatic change when it continued, "And may I ask what the turkey did?"

SNAPPERS' STATE RECORDS 2010 by State Records Officer Lillian Hadley

2010 was a good year for Snappers with 24 members winning 47 individual records and nine relay records. This total of 56 records was from 408 set across the state. Claremont was the only club to achieve more records but their tally involved fewer individuals in relays.

INDIVIDUAL RECORDS

While it is important to acknowledge the three Fs of Fitness, Friendship and Fun, it is good also to recognise individual achievements:

Name	Total	Short Course	Long Course
Eleanor Parsons	18	10	8
Gail Parsons	5	5	-
Robyn Wilson	5	3	2
Geraldine Klug	4	3	1
Sue Colyer	4	3	1
Lillian Hadley	4	4	-
Theresa Elliott	3	1	2
Kim Klug	2	2	-
Deirdre Stephenson	1	1	-
Wyvern Rees	1	1	-

RELAY RECORDS

All of our records for relays were achieved in Short Course:

200 - 239	2
240 - 279	4
280 - 319	2
320 - 359	1

These relays involved 21 different swimmers:

Eleanor (4); Gail and Theresa (3 each); Robyn, Sue Shilling, 'Tricia, Pamela, Sue Colyer, Merilyn, Audrey Bullough and Dee (2 each); Julianne, Elizabeth, Anne, Barry, Bill, Geraldine, Pat Sugars, Hazel Christie, Zee and Marg Somes (1 each).

MY COACHING CAREER

Talking has never been one of my strengths, so on retiring as a coach with Snappers I turn to writing to express my thoughts. When I joined Snappers in mid 1998, Don Murfitt and Ron Nutt were coaching the day group. While I admit to being one of those who dodged their attention, I wasn't always successful in this and am now grateful for the help they gave me in trying to improve my woeful technique. Sadly health problems got the better of both Don and Ron and for several years the day group had to get by without a coach.

In 2003, at the age of 70, Lillian Hadley gallantly put up her hand to take a Masters Swimming WA coaching course and fill the gap. I signed up too, in support of Lillian, although with no conviction that I would last the distance. I had no background in swimming and my only coaching experience was in T ball! The course work and assignments were extensive and on top of that we each had to accumulate 60 hours of "deck" time as well as writing the training programs that we were delivering. Together we fulfilled the requirements and qualified as Level 1 Masters Coaches.

From the beginning of 2004 we did our best to encourage swimmers to follow a basic program as a squad, to correct faults in technique and to help those who had taken up swimming late in life to develop confidence and competence. As we went on, we learned never to leave our senses of humour at home and not to expect that our swimmers would accept all of our words of wisdom. People complain that children today don't respect authority. Believe me, generally they are far more compliant than some senior adults! On the plus side, it has been a delight to see many swimmers apply themselves and give their all in trying the coaches' suggestions. We can only put forward ideas. The swimmers must do the work if they want to improve.

An indication that my "career" was on the wane came when, soon after a whiteboard was added to our cage, I wrote my carefully considered program so that when the lid was raised the words appeared upside down. I achieved this feat twice! However, the second time I did not erase it but left it as an extra challenge to the swimmers. I like to think I remembered my sense of humour that day: Others might say I was being plain difficult.

As Sue and 'Tricia continue to coach the day group, I offer them my best wishes for a rewarding and satisfying term. My last contribution on the coaching front before I follow Lillian into retirement is to leave these two suggestions to swimmers:

- *listen intently and without interruption to what your coach is saying, and*
- *try unreservedly to put her instructions into practice.*

Then your chances of achieving your goals will soar.

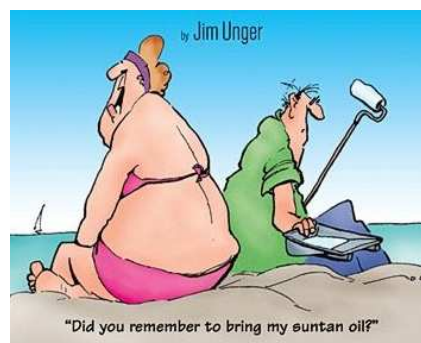
Merilyn Burbidge

SNAPPERS IN THE 2011 ROTTNEST CHANNEL SWIM

On Saturday 26 February, several Snappers will start in this year's event. Gail Parsons and David Fairclough are going solo and Anja Messmer and Leon Musca are a duo. There may even be others that we aren't aware of. We wish them all our best for a safe and speedy crossing.

Snappers are also helping as volunteers behind the scenes: Robyn, Eleanor, Theresa, Sue Shilling, Jil Mogyorosy and Kylie Leaman.

Solos set off at 5:45 am from Cottesloe Beach, so come down, cheer them on and take in the spectacular scene.



MSWA MATTERS

2011 National Swim

Wendy Holtom has asked us to remind our members that all information for the National event, as soon as finalised, is loaded onto the website via www.mswa.asn.au.

DEADLINE

Many thanks to Barry Green, Lillian Hadley, Tricia Summerfield, Marg Somes, Pamela Walter, Julie Crowley, Theresa Elliott, Brian Downing and Marg Watson for providing material for this issue of Snappers. Please send your items for the next issue to amburbidge@westnet.com.au by **Friday 25 February 2011**.

Marilyn

MORE FOR LEXOPHILES

- A boiled egg is hard to beat
- A chicken crossing the road: poultry in motion
- If you don't pay your exorcist you can get repossessed
- Show me a piano falling down a mine shaft and I'll show you A-flat miner
- The guy who fell onto an upholstery machine is fully recovered



OPEN WATER SWIM RESULTS

Fremante Ports Swim 1.6 km Saturday 11 December 2010

Swimmer	Age Group	Time	Age Group Posn	Gender Posn
Kate WATSON	35-39	31:35	7	46
Pamela WALTER	55-59	32:01	3	50
Barry GREEN	65-69	31:49	4	116
Theresa ELLIOTT	65-69	35:11	2	87

Tower to Tower (Scarborough to Trigg) 1.8 km Saturday 18 December 2010

Swimmer	Age Group	Time	Age Group Posn
Warwick MAXTED	40-49	24:31	8
Julianne CROWLEY	60-69	36:07	3
Barry GREEN	60-69	33:12	12

Cottesloe Classic Mile 1.6 km Saturday 8 January 2011

Swimmer	Age Group	Time	Age Group Posn	Gender Posn
Sue SHILLING	45-49	26:53	5	60
Eleanor PARSONS	55-59	23:50	1	25
Robyn WILSON	60-64	27:45	2	69

2011 Xstrata Nickel Swim Thru Perth 1.6 km and 4 km Sunday 23 January 2011

Swimmer	Distance	Age Group	Time	Age Group Posn
Pamela WALTER	1.6 km	55-59	34:32	1
Theresa ELLIOTT	1.6 km	65-69	35:15	2
David FAIRCLOUGH	4 km	40-44	55:37	4
Warwick MAXTED	4 km	40-44	57:33	6
Sue SHILLING	4 km	45-49	1:10:30	4
Eleanor PARSONS	4 km	55-59	58:19	1



You know you're in the river when your arm brushes a big brown jellyfish in mid-stroke. The grimy faces of the swimmers as they emerge at the finish are a dead give away too. But see how many Snappers braved the choppy conditions to do this swim.

Theresa and Pamela trying the red cordial treatment against Swan River belly

Australia Day Swim 2 km Wednesday 26 January 2011

Swimmer	Age Group	Time	Age Group Posn	Gender Posn
David FAIRCLOUGH	40-44	27:29	3	26
Sue SHILLING	45-49	33:00	5	49
Eleanor PARSONS	55-59	30:39	1	31
Robyn WILSON	60-64	35:10	2	61
Pamela WALTER	60-64	39:48	4	125
Julie CROWLEY	60-64	41:55	8	154
Theresa ELLIOTT	65-69	41:50	2	151

Even more Snappers turned out on Australia Day to sing Advance Australia Fair before taking to the surf for the start of this popular event. Our swimmers all did famously even though the wind whipped up a bit of chop on the water, which always looks flat calm from the beach.

Stadium Snappers values the support received from our sponsors

